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NEWS

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Downloadable photos available at:

http://www.certifiedangusbeef.com/photos/7032C_CowboyRibeye.jpg

<http://www.certifiedangusbeef.com/photos/5072GrilledPizzaFullPlate.jpg>

<http://www.certifiedangusbeef.com/photos/3030BBaconCheddarMushroomBurger.jpg>

Summertime, and the grillin' is easy

Satisfyingly simple meals your entire family will savor

The long Memorial Day weekend is the unofficial kick-off to summer, and there's no better way to mark the occasion than with a cookout featuring easy, flavorful dishes sure to please every member of your family.

Steak lovers know a thick-cut ribeye is the perfect choice for the grill. Season it simply, and dress it up a bit with a classic steak butter that uses fresh herbs from the garden. Robust, juicy and tender, this steak is a great way to celebrate warmer weather. Be sure to take in those intoxicating aromas while the steak is cooking!

Kids of all ages will enjoy a summertime twist on a traditional favorite: pizza! Instead of calling for delivery, make your own on the grill in about the same amount of time. Top a crispy grilled crust with strip steak and blue cheese for a great burst of flavor – or let the little ones choose a milder cheese like mozzarella that allows the steak to shine.

It's not a cookout unless there's a burger on the menu, and one made of premium beef, mushrooms, cheddar, bacon and kicked-up mayonnaise is sure to be a favorite. Prepare the toppings as the burgers cook on the grill, and enjoy a restaurant-style specialty in minutes. Or, make them mini and serve as an appetizer or kid-friendly option.

Grilling tips that will raise the STEAKS

Grilling is easy – just remember a few simple steps. Raise the STEAKS at your Memorial Day cookout when you:

S – Start with a hot grill. Searing beef helps lock in its delicious juices.

T – Turn steaks or burgers gently with tongs or a spatula; never pierce them with a fork.

E – Ensure juiciness by flipping steaks and burgers only once.

A – Assess doneness with an instant-read thermometer.

K – Keep food safety in mind. Thoroughly wash anything that comes in contact with raw meat.

S – Set steaks aside to rest a few minutes before serving, to keep the juices inside.

-more-

For the best results, always start with the highest quality ingredients. Steaks should be well-marbled, with lots of little white flecks that melt during cooking and baste the steak from the inside. The premium *Certified Angus Beef*[®] brand boasts generous marbling, and delivers mouthwatering flavor, tenderness and juiciness in every bite.

Sidebar:

Earn a grill master's degree

Grilling times vary based on numerous factors – the temperature of your grill, the thickness of your steak, and more – so the best way to determine when your steaks are done is to use an instant-read thermometer. Place it carefully into the thickest part of the steak, from the side, being careful not to touch any bone or fat.

Your steak's temperature will continue to rise 5 to 10 degrees after it's pulled off the grill, thanks to a process called "carryover cooking." To avoid overcooking, take your steak off the heat when it's a few degrees shy of your target temperature:

Rare – 140°F

Medium Rare – 145°F

Medium – 160°F

Well – 170°F

Most chefs and steak experts prefer medium rare, which gives a steak maximum flavor, tenderness and juiciness. However, top-quality steaks with generous marbling, like the *Certified Angus Beef*[®] brand, will still be tasty when cooked to higher temperatures. The generous marbling acts like an insurance policy.

Sidebar:

Diamonds are a grill's best friend

Make professional diamond grill marks by placing your steaks on the grill vertically (with ends at 12 and 6 o'clock). Once the meat has seared a couple minutes, turn it 45 degrees clockwise (with ends at 2 and 8 o'clock). After that side is finished cooking, flip the steak over and repeat.

Grilled Ribeye Steak with Classic Steak Butter

Ingredients

- 4 (10-ounce) *Certified Angus Beef*[®] ribeye steaks
- 1/2 pound unsalted butter, softened
- 1 tablespoon roasted garlic
- 1 tablespoon Kosher salt
- 1 teaspoon finely chopped fresh parsley
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon finely chopped fresh sage
- 1 teaspoon finely chopped shallots
- 1 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- Salt and pepper to taste



Instructions

1. Thoroughly combine softened butter with garlic, salt, parsley, rosemary, sage, shallots and pepper. Roll with plastic wrap into a log shape and refrigerate 5 to 6 hours or until butter is solid. Cut into 1/4-inch slices. (Note: Recipe will yield 16 butter servings; reserve 12 for another use.)

2. Brush steaks with oil and season on both sides with salt and pepper. Grill to desired doneness. Serve with classic steak butter.

Serves 4

Nutritional Information per Serving (1 steak and 3 1/2 teaspoon herbed butter): 509 Calories; 33g Fat; 17g Saturated Fat; 204mg Cholesterol; 0g Carbohydrate; 0g Dietary Fiber; 60g Protein; 454mg Sodium; 31% daily value Iron (based on 2,000 calorie diet).

Grilled Pizza with Steak and Blue Cheese

Ingredients

- 4 (8-ounce) *Certified Angus Beef*[®] strip steaks
- 1 (13.8-ounce) tube pizza dough
- 2 tablespoons olive oil
- 1 cup prepared tomato basil sauce
- 8 ounces crumbled blue cheese
- 16 ounces shredded mozzarella cheese
- Salt and pepper to taste



Instructions

1. Preheat grill on high and reduce to medium when hot. Season steaks with salt and pepper; grill to desired doneness. Move steaks to cutting board and rest for 5 minutes.
2. Unroll and cut pizza dough into four equal pieces. Roll each piece to 1 1/2 times the original size and cut each piece in half. Brush with olive oil and grill about 2 minutes per side. Turn off flame to half the grill. (If using a charcoal grill, push coals to one side.) Place grilled dough on the cooler side.
3. Thinly slice steaks. Top each dough piece with tomato sauce, steak, blue cheese and mozzarella cheese. Shut grill lid 3 to 4 minutes for cheese to melt; serve.

Note: To make the pizza more kid-friendly, omit the blue cheese and use only mozzarella.

Makes 8 pieces

Nutritional Information per Serving: 552 Calories; 30g Fat; 16g Saturated Fat; 136mg Cholesterol; 25g Carbohydrate; 0g Dietary Fiber; 44g Protein; 866mg Sodium; 23% daily value Iron (based on 2,000 calorie diet).

Mushroom, Cheddar, Bacon Burger

Ingredients

- 1 1/2 pounds *Certified Angus Beef*[®] ground chuck
- 2 portabella mushrooms
- 1/2 cup Lea & Perrins[®] Worcestershire sauce
- 1/2 cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons chopped parsley
- 4 slices cheddar cheese
- 8 slices bacon, cooked
- 1/2 red onion, sliced



- 4 hamburger buns
- Salt and freshly ground black pepper to taste

Instructions

1. Marinate mushrooms for 30 minutes in Worcestershire sauce (reserving 1 tablespoon).
2. Combine mayonnaise, remaining Worcestershire, mustard, parsley, and 1/2 teaspoon pepper.
3. Remove mushrooms from marinade (discard unused marinade) and grill; slice mushrooms.
4. Form ground chuck into 4 patties. Season with salt and pepper and grill. Just before desired doneness is reached (recommended 160°F internal temperature), top burgers with cheese and grill until cheese melts.
5. Generously spread bun with flavored mayonnaise, top with burgers, red onion, mushrooms and bacon.

Note: Make mini burgers for children, or to serve as appetizers. Serve 2 oz. patties on small rolls.

Serves 4

Nutritional Information per Serving: 732 Calories; 50g Fat; 16g Saturated Fat; 158mg Cholesterol; 28g Carbohydrate; 1g Dietary Fiber; 50g Protein; 988mg Sodium; 38% daily value Iron (based on 2,000 calorie diet).

Recipes provided by the *Certified Angus Beef*[®] brand

For more than 30 years, the *Certified Angus Beef*[®] brand has been world-famous for its exceptional quality and generous marbling. Ten strict scientific standards ensure each bite is full of mouthwatering flavor, tenderness and juiciness. The *Certified Angus Beef*[®] brand is a cut above USDA Prime, Choice and Select. It has offered consumers quality, consistency and integrity since the first pound was sold in 1978. The *Certified Angus Beef*[®] brand is proudly featured by more than 13,600 restaurants and retailers around the world. For more information, visit www.certifiedangusbeef.com. Follow the brand on Twitter: www.twitter.com/CertAngusBeef or become a fan of: “*Certified Angus Beef*[®] brand” on Facebook.

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